



Winter 2015

Wellness Center Newsletter

www.colorado.feb.gov

303-236-6911
Kiel.hovland@gsa.gov

OUR FOLLOWING SPONSORS ARE APPRECIATED:

Colorado Federal Executive Board, Kaiser Permanente, Blue Cross Blue Shield, Federal Protective Service, and General Services Administration

Wellness Center News

I hope everyone is enjoying all of the new fitness equipment. We would not have the equipment if it were not for the Colorado Federal Executive Board, who stepped up for the employees, military personal, retirees and their families by providing an updated, clean, safe and highly functional fitness center for years to come.

And also thanks to the members for helping to transform the Wellness Center in just a few days by hanging fit ball racks, moving thousands of pounds of weights, assembling equipment, touching up paint, hanging the televisions, installing the magazine rack and more:

We could not have done it without you:

Ross Meilleur

Doug Stanton

Michael Ernest

Randy Meyer

Mitch Parker

Mike Bessler

Eric Vaughn

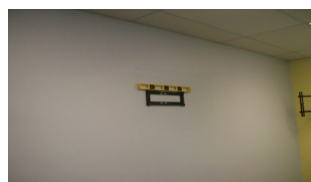
Monica Tordorov

Steve Swanson

Fit Forever Class

Derek Rose & FEMA team

Pictures from the Wellness Center make-over



We Need Leadership for the Dragon Boat Racing Team

Is anyone interested in coaching or coordinating the Federal, Dragon Boat Festival team, Fed Force?

The Colorado Federal Executive Board will sponsor the team, provide the entry fee and team shirts. We just need leadership

for the team before we move forward with registration.

Team practices usually start in the springtime and end with the races on July 18th & 19th. In addition,

If you are not familiar with the Dragon Boat Festival, it is an ethnic celebration of Colorado's rich Pan Asian American heritage, showcasing diverse Asian cuisine and performing arts. And the Dragon Boat Races are

the highlight of the festival.

If you are interested, please talk to kiel before January 30th: kiel.hovland@gsa.gov 303-236-6911. For more information on the festival: www.cdbf.org/

Wellness Center Members, Back Country Ski Tips

Anyone venturing into the winter backcountry for any sport should check the avalanche forecasts from the CAIC (Colorado Avalanche Information Center) at

<http://avalanche.state.co.us/>.

Keep in mind that this is the forecast for naturally-occurring avalanches, and does not adjust for human factors.

Carry and know how to use a beacon (and test it each time), shovel, and probe, in addition to the 10 essentials.

Updated Ten Essentials "Systems"

1. Navigation (map and compass)
2. Sun protection (sunglasses and sunscreen)
3. Insulated, extra clothing
4. Illumination (headlamp/flashlight)
5. First-aid supplies
6. Fire (waterproof matches/lighter/candles)
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter



Classic Ten Essentials

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food

Ski Tips From the Popular Ski Conditioning Class

This was another fun year for our ski conditioning class. Here are just a few of the many ski tips that your fellow members shared with the class.

1. Spray anti-perspirant on your feet to keep your feet dry.
2. Bring an extra pair of socks in the case that your socks get wet.
3. Wear mittens because mittens are warmer than gloves.
4. Use Gravity to slow down: If you find yourself skiing too fast or out of control, turn your shoulders and skis uphill to slow down.
5. Sing or hum while skiing— you will establish a good rhythm while pounding the moguls, or just add enjoyment to your skiing experience.
6. In a ski tuck position always have your elbows in front of your knees, pole grips in front of your body.
7. Bring healthy snacks such as granola or trail mix for lasting energy.
8. ALWAYS wear sunscreen and lip protection with sunscreen.
9. Drink plenty of fluids.



Ski Tuck

Class Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
12—1 Body Sculpt	11:35—12:35 Hatha Yoga \$3	11:15—12:00 TRX \$ (Class Full)	12—1 Fit Ball	11:35—12:35 Hatha Yoga
	3—3:40 Fit Forever	12:00—1:00 Pilates \$15	5—6 p.m. Yoga w/Sue \$10	
	5—6 p.m. Yoga w/Sue \$10	3—3:40 Fit Forever		

Wellness Center Extras

- Loaner towels are available by request.
- The Lost and found is located in the cabinet in the hallway.
- Hair-ties are located at the front desk.
- Bicycles are located in the shed outside the entrance to the Wellness Center.
- Sunscreen, lotion & hand sanitizer are located on the cabinet in the hallway.
- Basket balls and a soccer ball is located in the cabinet in the hallway.